



Laser Hair Removal

Pre & Post Treatment Instructions

PRE-TREATMENT

- ❖ **Avoid direct sun exposure for 4 weeks prior to your treatment and 2 weeks after.** Discontinue self-tanning creams for 2 weeks prior to your treatment. Please protect the treated area(s) with a UVA/ UVB sun block of **SPF 30** or higher. Tanned skin may reduce the efficiency of your treatment and can cause unwanted side effects.
- ❖ Please **shave the area to be treated the night before or the morning of** your scheduled treatment
- ❖ On the day of your treatment, **DO NOT WEAR any lotions, body oils, perfumes or make-up** on the area(s) to be treated.
- ❖ You may be asked to use pre-treatment cream i.e. Hydroquinone for 4-6 weeks before treatment, stopping 2 weeks before your appointment.
- ❖ If you are prone to cold sores in the area being treated, please notify your provider.

POST-TREATMENT

- ❖ Your next treatment should be within 4 to 8 weeks. For optimal results it is imperative that you keep all of your scheduled appointments.
- ❖ Your appointment may be rescheduled or delayed if you have taken a medication that may cause photosensitivity (i.e., isotretinoin (Accutane®) and Doxycycline within 3 to 4 weeks). This may alter your results and may cause unwanted side effects.
- ❖ Deodorant may be applied 24 hours after treatment.
- ❖ Make-up should be avoided for the first day if possible. Do not use make-up if there is any blistering. It is recommended that you use new make-up to reduce the possibility of infection.
- ❖ Avoid washing or bathing with very hot water for 2 days.
- ❖ Cleanse with a gentle cleansing product and apply moisturizer as needed.
- ❖ You may experience temporary mild redness and swelling, typical of sunburn that can last up to a couple days. Minor crusting or peeling of the surface layers of the skin is not unusual. Over the counter 1% hydrocortisone cream may help with the redness, inflammation and/or itching of your skin.
- ❖ Appearance of hair growth or stubble may continue for 7 to 30 days after treatment. **THIS IS NOT NEW HAIR GROWTH**, but treated hairs being expelled from the skin.
- ❖ Care should be taken to prevent trauma to the treated area for the first 4 to 5 days following treatment. After treatment, hair may continue to grow out as if were not treated. Typically this will occur for about 2 weeks and then those hairs will begin to fall out. You may continue to shave at any time. **DO NOT** tweeze, wax or use depilatories for the duration of your treatments.
- ❖ Normal activities (i.e. exercise) can be resumed as soon as 24 hours or when irritation subsides.

I acknowledge that I have read and understand all pre and post laser hair removal instructions.

Patient Signature

Date

Printed Name

Witness (Practitioner)